

Strategic Issues Initiatives Inventory: Healthy Lifestyles

This list was developed at the December 2011 PFHF Coalition meeting by individuals who were at breakout tables. It is not an all inclusive list.

Organization/Coalition/ Group/Partners	Initiative Name	Description (Summary of programs/activities/reports)	Website
Anthem HealthKeepers Plus, Inova, Fairfax County Public Schools, Food Pantries	Move More Eat Right	Go to schools where food is donated from food pantries. Chef teaches residents how to cook healthy food with canned foods. Multilingual- Spanish, Arabic, English	N/A
City of Fairfax	City of Fairfax Walking Group	Organized route planned for Saturdays and advertised through email.	http://www.fairfaxva.gov/GetFit/WalkingGroup.asp
Community Services Board	Girl Power	Locally developed, nationally recognized community-based prevention program designed to prevent alcohol, tobacco, and other drug use and promote mental wellness for girls ages 10-14	http://www.fairfaxcounty.gov/csb/prevention/girl-power.htm
Community Services Board	Life Skills Training- Middle School	Substance abuse and violence prevention program. Helps kids resist drug, alcohol, and tobacco use and program also effectively supports the reduction of violence and other high risk behaviors.	http://www.lifeskillstraining.com/lst_middle.php
Community Services Board	Al's Pals	Resiliency-based early childhood curriculum and teacher training program that develops personal, social, and emotional skills in children 3 to 8 years old	http://www.fairfaxcounty.gov/csb/prevention/als-pals.htm
Community Services Board	Parents Raising Safe Kids	Program designed to help communities and families create safe, healthy environments that protect children and youth from violence. Provides basic information on child development, risk factors for violence and its consequences and protective factors and skills for effective parenting.	http://www.fairfaxcounty.gov/csb/prevention/parents-raising-safe-kids.htm , http://www.fairfaxcounty.gov/dsm/prevention/pipf_programs.htm
Community Services Board	Alcohol & Drug Services for Youth	Outpatient services, intensive day treatment, residential treatment, and specialized youth programs are available	http://www.fairfaxcounty.gov/csb/ads/adserVICES.htm

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Community Services Board, Neighborhood and Community Services	Too Good for Drugs	School-based prevention program proven to reduce students' intent to use alcohol, tobacco, and other drugs in middle school	http://www.fairfaxcounty.gov/csb/prevention/too-good-for-drugs.htm
Department of Family Services	Community School Linked Services / Neighborhood Networks	A voluntary, family-focused initiative that empowers children to succeed in school and enhances the family's capacity to support them	http://www.fairfaxcounty.gov/dfs/childrenyouth/families/neighborhood-networks.htm
Fairfax County elementary and some middle schools	Girls on the Run	An after school program that uses the power of running to help prepare girls in grades 3-5 for a lifetime of self-respect and healthy living. The program focuses on building self-esteem and improving emotional and physical health. During the 10-week program, girls are empowered with greater self-awareness, a sense of achievement and a foundation in team building to help them become strong, contented and self-confident young women.	http://www.gotrnova.org/
Fairfax County Public Schools	Wellness Policy to Promote Student Health	A wellness policy to promote student health and contribute to the reduction of childhood obesity. Developed through the Office of Food and Nutrition Services along with the Office of Health and Physical Education, with input from parents and students.	www.fcps.edu/fs/food
Food for Others		Food for Others' mission is to obtain and distribute free food to the hungry of Northern Virginia and support food programs of other community-based organizations.	http://www.foodforothers.org/contact.html
Grace Ministries in Reston	Backpack for Weekend	Provide healthy food for low income kids to take home on weekends and holidays	N/A

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Health Department	Women Infants and Children Program (WIC)	The WIC program is a federally funded supplemental food program for pregnant, postpartum or nursing women, infants, or children under five years of age. Clients must meet income and residential eligibility requirements and be at nutritional risk	http://www.fairfaxcounty.gov/hd/wic/
Health Department	Tattoo Removal Program	The Fairfax Skin Deep Tattoo Removal Program is a voluntary Northern Virginia Regional program whose purpose is to remove gang related tattoos from area youth	http://www.fairfaxcounty.gov/hd/tattoo
Health Department, Reston Interfaith Community Centers, Anthem	Body Works	Program designed to help parents and caregivers of adolescents improve family eating and activity habits. Available in English and Spanish, the program focuses on parents as role models and provides them with hands-on tools to make small, specific behavior changes to prevent obesity and help maintain a healthy weight.	http://www.womenshealth.gov/bodyworks/
Kwame Brown - Move Theory	The FUNction! Method	Teaches adaptable movement strategies to educators, coaches, and parents so they can use them to address youth inactivity	http://www.myfunctionmethod.com/
National Capital Area Food Bank	No particular initiative	The mission of the Capital Area Food Bank is to feed those who suffer from hunger in the Washington, D.C. Metropolitan Area by acquiring food and distributing it through our network of member agencies; and to educate, empower and enlighten the community about the issues of hunger and nutrition	http://www.capitalareafoodbank.org/

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Neighborhood and Community Services	Project Towards No Tobacco Use (TNT)	Project Towards No Tobacco Use is for participants in 5 - 8 grades. During the sessions the participants learn what's in tobacco, the effect on the body, the stages of tobacco addiction, skills for building self-esteem, tips for effective listening and communicating, how to be assertive and say "no" to peer pressure	http://www.fairfaxcounty.gov/ncs/prevention/take_charge.htm
Neighborhood and Community Services	Project Towards No Drug Abuse (TND)	This curriculum for grades 9 - 12 covers gateway drugs, myth and denial of drug use, alcohol, chemical dependency, inhalants, club drugs, steroids, active listening and effective communication skills, self-esteem, stress and self-control, negative and positive thought loops, peer pressure, refusal skills, decision-making tools and the importance of commitment.	http://www.fairfaxcounty.gov/ncs/prevention/take_charge.htm
Neighborhood and Community Services	Safe Dates	Safe Dates is a curriculum that deals with attitudes and behaviors associated with teen dating abuse and violence. The program is intended for both males and females.	http://www.fairfaxcounty.gov/dsm/dviolence/safe_dates.htm
Neighborhood and Community Services	We Can!	We Can! (Ways to Enhance Children's Activity and Nutrition) is a national program designed to give parents, caregivers and entire communities a way to help children 8 to 13 years old stay at a healthy weight. We Can! provides 4 curricula	http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/
Neighborhood and Community Services	Summer Food Service Program	Provides nutritious meals during the summer months for children at various sites throughout the County	http://www.fairfaxcounty.gov/rec/summermeals/
Neighborhood and Community Services /Community Services Board/ Fairfax County Police Department /Fairfax County Public Schools	Road D.A.W.G (Don't Associate with Gangs)	The Road DAWG (Don't Associate With Gangs) program is a one-week summer camp for middle school youth who are at risk of substance abuse or gang involvement.	http://www.fairfaxcounty.gov/csb/prevention/road-dawg.htm

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Neighborhood and Community Services / Fairfax County Public Schools	MSAS- Middle School After School Program	Fairfax County Public Schools offers comprehensive, high-quality after-school activities that provide opportunities for middle school youth to: feel safe, improve academic development and performance, improve social, emotional, and physical well-being, improve school and community connectedness, reduce the potential for risk-taking behaviors, and reduce interest in gang involvement or delinquent activities	http://www.fcps.edu/supt/activities/afterschool.shtml
Office for Children	SACC- School Age Child Care Program	Fairfax County DFS/OFC's School Age Child Care program provides high quality before- and after- school, and full day summer, spring and winter programs for children attending kindergarten through 6th grade. Program curriculum provides a range of experiences (visual and performing arts, science and technology, physical activity, community service) that support children's development in a fun and safe learning environment.	http://www.fairfaxcounty.gov/ofc/sacc.htm
Our Daily Bread	Food Program	Our Daily Bread's Food Program provides short-term food assistance to Fairfax County area residents who are struggling to make ends meet. The goal is to lower the families' food costs so that they can use their limited funds to pay off other bills in hopes of restoring financial self-sufficiency.	http://www.odbfairfax.org/
Partnership for a Healthier Alexandria	Healthy Lifestyles Work Group	Focuses on addressing obesity epidemic in Alexandria. Formed the 'Childhood Obesity Action Network' and also works with childcare providers to support nutrition and physical activity programming.	http://healthieralexandria.org/HealthyLifestyles/default.aspx
Partnership for a Healthier Alexandria	Substance Abuse Prevention Coalition of Alexandria	Engages diverse sectors of the community in comprehensive substance abuse prevention activities that result in a reduction of underage substance use and abuse in Alexandria.	http://healthieralexandria.org/Sapca/default.aspx

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Smart Markets, Inc	Food markets	Provides well-managed, guaranteed producer-only farmer's markets in Northern, VA. Provides a model of cultural outreach, offers nutrition and cooking education, and encourages activism on issues of environmental protection and community development within the nurturing spirit of vibrant markets.	www.smartmarkets.org
SPARK Research Based Physical Education Programs	School Specialty Physical Activity and Wellness	Multi-level children physical activity curriculum materials and equipment	www.sparkpe.org
Springfield Resource Center, Anthem	Zumba	Conducted at multiple locations, a fitness dance class for any skill	http://www.zumba.com/
Virginia Cooperative Extension	SNAP Ed	Healthy eating and cooking for people on food stamps. Helps provide food for nearly 46 million people per month, nationwide.	http://www.fns.usda.gov/snap/